

Edward Hospital Family Birth Center

- Edward Hospital has earned the Magnet designation for ***Nursing Excellence***.
- Over 3,000 babies are delivered at Edward Hospital each year.
- We have more than 30 obstetricians/ gynecologists on staff.

- Edward's **Perinatology Center** is available for complicated pregnancies, including multiples. During our busiest year, Edward delivered 131 sets of twins, and five sets of triplets! We've also delivered quads.



- We have a Level III **Neonatal ICU** with all private rooms and a staff of neonatologists and experienced neonatal nurses to care for babies requiring special care. In addition to our neonatologists, available 24/7, we have a broad panel of pediatric subspecialists available for consultation, if needed, at Edward.



- Edward Hospital also has a **Pediatric Emergency Department**. We were the first pediatric ER in DuPage County (opened in 2000) and have treated hundreds of thousands of children. We're staffed by doctors and nurses who've been trained to treat kids, and we have family-friendly rooms and equipment designed for their sizes, shapes and needs.

What to Expect: Admission

- Your Obstetrician will let you know when to come to the hospital in labor—usually once labor is progressing. When you arrive at Edward Hospital, come directly to the Labor & Delivery unit on the 1st floor—you do not need to check in at the Emergency Department. We offer free parking on our Naperville campus’s north and south parking decks. The North Entrance is open from 5 am – 8 pm. The Emergency Room and South Parking deck entrances are open 24 hours a day, seven days a week. After 8 pm, the South Entrance doors (from the parking deck) lock, but a phone is available at the entrance. The phone will directly link you to security, allowing access to the hospital after 8 pm.
- If you are having a scheduled induction or C-Section, a nurse will call you a few days prior to the scheduled date with instructions and to ask questions about your health history. You will also receive instructions in your EEHealth MyChart.
- Once you arrive at the L&D department, you will be taken to a triage room to determine your labor status. If you are determined to be in labor, you will be admitted to a private room in our Family Birth Center.
- Our maternity suites are **all private rooms** that feature space for your support person to stay overnight and a private bathroom with a shower.
- Our Family Birth Center is a “locked unit”. You will have to pick up the phone at the entrance and be admitted into the unit by a staff member. During labor, your designated support person will be allowed with you 24/7. Please check the webpage to see the current visiting guidelines at www.eehealth.org/patients-visitors/edward/hours.

What to Expect: Labor & Birth

- During labor, your designated Care Partner will be allowed with you 24/7 and will receive a bracelet to wear for the duration of your time in the hospital. Our nurses will help you with various comfort measures during labor— showers, birthing balls, peanut balls, and squat bars are available. We also have anesthesiologists 24/7 to administer epidurals if desired.
- **Cesarean Section:** At Edward Hospital, we have 3 operating rooms located within the Family Birth Center specifically for C-Section deliveries. If a patient has a C-Section with epidural or spinal anesthesia, she can have one support person with her during surgery and in recovery. No cameras are allowed in the



OR, but you are welcome to take pictures in the Recovery Room. Moms are encouraged to hold their baby skin-to-skin and to initiate breastfeeding while in the recovery room. Following a C-Section, moms are generally in recovery for about 2 hours then transferred to a Mother-Baby room once mom and baby are stable.

- **Recovery from birth:** Immediately after birth is an essential time for mom & baby bonding, which is why we call that first hour after birth “**the Golden Hour**”. We encourage you to hold your baby skin-to-skin as much as possible.
- **Skin-to-skin** contact with your baby (baby’s bare chest against your bare chest) has scientifically proven benefits:

- Baby’s temperature, heart rate, and blood sugars stabilize faster if baby is held skin-to-skin with mom.
- Mom and baby’s stress hormones are reduced by skin-to-skin contact.
- Babies latch on for that first breastfeeding much sooner and more easily when they have spent time skin-to-skin with mom.
- Sleepy babies will gradually awaken and look for the nipple when they are held skin-to-skin on mom’s breast.



- Since you may feel more comfortable with this initial breastfeeding without observers, please ask your visitors (if allowed) to delay visitation during your labor recovery time. You are generally in your labor room for about 2 hours after birth and your family/visitors can come in during the second hour of this time. Siblings can visit once you are transferred to your Mother-Baby room during scheduled visiting hours
- Your baby will be weighed and measured within the first hour after birth and **identity bands** placed on baby’s wrist and ankle, the birthing parent’s wrist, and support person’s wrist. Please do not remove these bands until after baby has been discharged home and leaves the hospital.
- Baby will also receive **antibiotic eye ointment** and a **Vitamin K injection** usually within the first hour after birth. The antibiotic eye ointment is to prevent newborn conjunctivitis (pink eye) which can be caused by Chlamydia, Gonorrhea, or any virus or bacteria that normally live in a woman’s vagina. The Vitamin K injection is given to assist blood clotting in the newborn, who is generally born with an inadequate amount of Vitamin K at birth. Without enough Vitamin K, your baby has a chance of bleeding into his or her intestines and brain, which can lead to brain damage and even death.

Infants who do not receive the Vitamin K shot at birth can develop Vitamin K Deficiency Bleeding up to 6 months of age. *(See links on Childbirth Class webpage for more info.)*

What to Expect: Mother/Baby

- After birth and recovery, mom and baby and the support person will be moved to a private postpartum room. These postpartum rooms have a private bathroom with shower and a place for your support person to stay overnight.
- **“Mom & Baby Together”** --- To encourage family bonding after birth, mother and baby will both be cared for in the mother's room throughout her hospital stay. By rooming-in with your baby you will get to know his hunger cues, breastfeeding gets off to a better start, and you will have a chance to observe and practice baby care with a nurse to help instruct you. We encourage mom & baby to spend as much time as possible **skin-to-skin**, for both mom and baby's well-being. Your nurse will try to do as many newborn procedures as possible in your room. We also have a Newborn Nursery available if needed for observation or procedures.
- Baby's **first bath is delayed** about 8 hours after birth. Based on medical research, this allows the baby's temperature and blood sugar to stabilize and reduces the risk of infection.
- The nurses in our Mother/Baby area are specially trained in lactation and will assist you with breastfeeding. We also have International Board-Certified Lactation Consultants (**IBCLC**) who are available to assist any mother/baby who is having difficulties with breastfeeding during their stay. Each Mother/Baby room is also equipped with an Ameda hospital grade breast pump for your use if needed.
- Our Lactation Consultants are also available for outpatient visits through our **Breastfeeding Center**. Most insurance companies will pay for several of these outpatient visits. *(See the Breastfeeding Center flyer for more info.)*
- **Newborn screening checks:** Your baby will have several screenings tests done after birth but prior to discharge. *(See links on Childbirth Class webpage for more info.)*
- The nurses will screen your baby for **jaundice** routinely with vital signs, using a special device that shines a light on baby's forehead. If this screening shows jaundice, your baby's doctor may order additional blood tests.



- Your baby will also receive a heel-stick blood draw for the state mandated Metabolic Screening (**PKU**) test which tests for several endocrine and metabolic disorders including PKU, Cystic Fibrosis, Hypothyroidism and many others. This test is done after your baby is 24 hours of age, and the results will go to your baby's physician's office. Some babies need this test repeated at 2 weeks of age.
- A **hearing screening** test will be done, generally on the 2nd day. The test we do at our hospital is the ABR (Auditory Brainstem Response) test. This checks the hearing all the way to the brain stem. The technician places electrodes on your baby's head and neck and earmuffs over his ears. A soft sound is played into the earmuffs and the machine records the nerve impulses in response to the sounds.
- A **test for Critical Congenital Heart Defects (CCHD)** will also be done. This is a non-invasive test using a pulse oximeter to check the baby's oxygen level in both upper and lower extremities.
- It is recommended that your baby receives the first of the **Hepatitis B vaccinations**. Your baby's doctor will talk to you more about this vaccine and get your consent prior to its administration.
- **Visiting: Please see the current visitation rules at www.eehealth.org/patients-visitors/edward/hours.** Visitors must be 18 years or older and free of any signs of illness to enter the unit. Sibling may visit you during visiting hours while you are on the Mother-Baby unit. They must be accompanied by an adult and are not allowed to stay overnight.
- **Quiet Time** (observed daily from 2 to 4 p.m.) is a special time for mom and baby (and dad) to be together resting or bonding. We limit the interruptions during this time—lights are dimmed and flower deliveries are held. Please ask your visitors (if visitors are allowed) to plan their visit around this special mom and baby time!
- Our certified massage therapists offer the birthing parent a complimentary neck and shoulder massage the day after delivery.
- Baby portraits are available through Naperville's **Bella Baby Photography**. Visit the website to view sample photos and find out more. *(See link on Childbirth Class webpage for more info.)*
- Patients can order room service from the menu seven days a week from **6:30 am-7:30 pm**. If their support person wishes to order food from the room-service menu, they can pay by credit card. We also have a cafeteria and vending machines on the ground floor where they can purchase food or beverages.
- A full-service Starbucks is in the South Lobby. It is open M-F from 6:30 am – 6 pm and Sat/Sun from 6:30 am to 3 pm.

What to Expect: Discharge

- Most patients who deliver vaginally stay about 2 days, C-Section patients stay about three days. Check with your healthcare provider to see when you will be discharged.
- Both mom's and baby's healthcare providers will do rounds to see you daily. Both providers will provide discharge instructions and a discharge order will be required from both providers.
- The OB unit clerk will have you fill out and sign the birth certificate form before discharge. This form is mailed to the state. You will receive additional information in your discharge folder regarding how to order your baby's birth certificate. Your baby's Social Security card will be mailed to your home address from the Vital Records Office in about 12 weeks. More information about the Social Security Card and Birth Certificate can be found on our website: <https://www.eehealth.org/services/pregnancy-baby/faqs/>.
- Babies cannot be discharged without a carseat. Please read your car manual and the carseat manual so carseat is installed correctly (the baby is rear-facing) and you know how to buckle your baby safely. We recommend that you make an appointment with a car seat safety technician to check your carseat installation. *(See link on Childbirth Class webpage for more info.)*

Support Groups

- We have several groups that meet regularly for new parents. **Cradle Talk** is an in-person group in Naperville for new parents (and grandmas, aunts, friends) and the new baby up to 6 months of age (or starting to crawl). Moms love this group and make new friends and playgroups for their baby—some which last until college! We also have a similar group which meets in Lombard called **Mom & Baby Hour**. Both groups are also on Facebook.
- Breastfeeding support is also included at all our Cradle Talk or Mom & Baby Hour support group meetings with either an IBCLC or Lactation Counselor or Lactation Educator present.
- **Nurturing Mom** support group is for those experiencing anxiety, stress, or depression. Please contact Susan.Bard@EEHealth.org for the link and more information about in-person or virtual meeting dates/times/locations.
- Please see the separate handout "Support for Mom" for more information about our support groups or go to www.EEHealth.org/moms-support.